



**St. Nick spirit year-round**  
This Santa hangs his holy Jolly days a year  
Page 6

# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Centres go down fighting**  
Conestoga's men's volleyball team looks to Sheridan  
Page 15

MONDAY, JANUARY 30, 2012

CONESTOGA COLLEGE, WINDSOR, ONT.

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64TH YEAR - NO. 1

## PRACTISING TECHNIQUES TO SAVE LIVES



PHOTO BY MELANIE BELL 2011

Bob Brandon poses Steven Quinones, both pre-service firefighter education and training students, across the ice while practising rescue techniques at the pond at Conestoga's Dean campus on Jan. 28. For additional photos, see Page 7.

# Bob Rae's visit to Conestoga sparks optimism

## Aboriginal Services hoping it creates funding awareness

By KENNETH DELAUNAY

Everyone who came out to see and hear Bob Rae speak, also heard the personal stories of those who have been positively affected by Conestoga College's Aboriginal Services.

Antonia Liberal-Lindner Bob Rae came to visit the college as a part of his tour of post-secondary institutions and job sites across Canada.

Rae was greeted by Conestoga's aboriginal student group with a drum cir-

cle and First Nations dancing. Aboriginal Henry, manager of Conestoga's Aboriginal Services, said Rae's visit to make people aware that his department still has not received word from the Ministry of Education that it will be funded next year.

"You know, these status after March 31 on this site," Henry said Rae's visit made him realize.

"A lot of people don't know we are out there and that we offer help to anyone and not

just aboriginal people."

Henry said he was pleased with the turnout and he admired the way people seem to want to get involved.

"During the presentation I was looking around to see the looks on everyone's face. Most people seemed to be deeply moved by what was going on. We saw them not wanting to leave more in a good sense."

Rae spoke about how the government hopes to see more students involved in trade apprenticeship pro-

grams, including aboriginal students, so as to particularly that has low completion.

Henry said that having someone like Bob Rae say, "During Aboriginal Services" and for funding helps create awareness.

"I want people to know that there are serious stories and not just poverty. We are hoping to get more aboriginal youth involved in different career paths."

Henry said he is optimistic that, by working with Rae and the Liberal Party they

can secure the funding for next year and the following years.

"We were in a circle with the leader of the Liberal Party, the president John Tiddell and our students."

"The last step will be working with the country of Canada."

"We are hoping to connect with the Indian granting program, Aboriginality, in Canada with the economic development of this country," Henry said.

See Page 7 for photos

## Now deep thoughts ... with Conestoga College

Random questions answered by random students

**What was your favourite movie from 2011?**



"Anything other than Transformers."

**Benjamin Markell,**  
first-year  
radio broadcasting

"I really enjoyed  
Brickheads."

**Crystal Brown,**  
first-year  
radio broadcasting



"I don't really pick a  
favorite due to  
I'm a huge fan."

**Stephan Larkin,**  
first-year  
journalism



"Harry Potter, definitely."

**Margaret Peltier,**  
third-year  
political science and  
science, health options



"Vladimir and the King."

**Ashley Harris,**  
first-year  
journalism



"I haven't actually watched  
any film lately."

**Sarah Minsky,**  
first-year  
law and sociology

### By JESSICA KYLE HODGE

Ready to add a little passion to your resume and portfolio by new lines of the same kind?

Conestoga's health services department is looking for volunteers in a campaign to expand awareness of breast cancer awareness. The object of the campaign is to raise awareness of the lifestyle risk factors that contribute to developing breast cancer, as well as peer education.

Health promotion nurse Tanya McQuillan has linked breast cancer prevention and lack of physical activity as significant risk factors. The goal is to support both the

women impacted by the campaign and the volunteer themselves.

According to the campaign flyer, volunteers will receive a gift certificate, a certificate of completion from the project sponsors and a great opportunity to add further exposure to marketing for their time and talents.

The only requirement is that you are a young woman (age 18 to 24) who has had a breast exam, as you will be given a 15-minute breast exam. You will be given a 15-minute breast exam, which includes a 15-minute exam. Bring your own, positive attitude, because your input is valuable in helping to develop a new line, such as campaign. Interested? Contact

McQuillan at 905-745-8222 or 2024 or email her at tanyamcquillan@conestoga.ca or

### The Facts

- Breast cancer is the most common cancer among women.
- One in nine women will develop breast cancer some time during her lifetime, one in 20 will die of it.
- Every day, 41 Canadian women are diagnosed with breast cancer.
- Breast cancer is most treatable when it is detected early, and "checking yourself" regularly (once per month) is easy to do. You can find instructions at [www.breastcancer.ca](http://www.breastcancer.ca).

## Bookstore works at keeping prices competitive

### By ERIC MCKENZIE

Conestoga's bookstore is keeping current and competitive.

Strenuous course materials, such as course papers and textbooks, cost between \$100 and \$1,000, have created a stigma that products of the bookstore are expensive.

Promotional manager of the bookstore, Quinn Bickley, and although the bookstore has no control over the price of course materials, he still makes an effort to find competitive pricing on all other supplies which are comparable to big chains such as Staples and Office Depot.

"Comparatively, a three-ring binder Conestoga bookstore is actually cheaper here than the regular three-ring binders at Staples," said Bickley.

These competitive prices for course supplies will help students afford their textbooks, especially after the \$150 per year technology and textbook grant received by all full-time students in 2011/12 was cut by the federal government to make way for the 20 per cent

student rebate, which only applied if the college population is eligible for.

Other economically priced items the bookstore has in stock include Conestoga classes, pens, hand paper, markers and pencil sharpeners, as well as electronics, such as USB sticks, SD cards and MacBook chargers. They also sell program-specific materials, such as white paper for engineering students and landscaping board for design students.

"We try to keep our products as relevant as possible for students - we know that they like that," said Bickley.

An online promotion that allows students who buy supplies in a store to win gift cards to movies and restaurants, such as Best Day and Kebab, is a further incentive for students to shop at the bookstore.

Bickley said accessories, such as iPod or MacBook cases, offered online and in the bookstore, are being considered for sale in the near future.

Aside from the water proof case, when 100 students were asked about the purchase of

their course materials the feedback was generally good. A total of 50 students had all of their books, 10 had some of them and 10 had none of them.

"I am only able to buy the textbooks I'm going to use regularly in class. Books not used or those in a course I took elsewhere for," said Leah Harvey, a first-year geology and documentary student.

The poll also found that of the 50 students who had all of their course materials, 10 had used the bookstore online website to receive their purchases.

The online reservation helps students avoid late delivery fees, periods in September and January and allows them to pick up their materials within two days for a \$2 fee.

The bookstore also offers a delivery service to Conestoga's residence.

"It's a very positive response. We are very happy with the help that they are getting and the expertise we are giving them," said V. Pineda, a bookstore service staff member.

### McQuillan, 2011







# Vote on new U-Pass plan today

By ALYSSA MILLER

Coverpage College may be one of the many post-secondary schools to include a bus pass in tuition fees starting in the fall of 2013. Coverpage Students Inc. and Coverpage River Transit (CRT) will hold a referendum over three days during which students can vote through their student email accounts.

Voting will be held today, tomorrow and Wednesday through a link sent to every undergraduate on its email address belonging to all four students at each of the Doon, Cambridge and Waterloo campuses.

CSI president, Quen Byrne, explained the plan in more detail. "The U-Pass is a universal bus pass provided through CRT," she said. "It allows students access to any CRT service throughout the week from September to August, or until their student card expires."

The pass would be attached

to every student's tuition fee costing \$50 per semester or \$100 per year, "which is significantly cheaper than a bus pass now, which is \$104 per semester," Byrne said.

"CRT has said they will add 15,000 more hours of bus service in the Coverpage College area, in Cambridge, Waterloo and Doon campuses. They're going to add 10 more buses to service those areas as well."

Byrne said CSI chose to hold a vote for all students, not just students who already use the buses. "We've been to represent all of our students. We're not telling students to vote for or against it."

"We wanted to represent students who take the bus, and that's a significant number. This is just something to show that we support them and that we're giving them an option to make life a little bit easier."

"We also think that it will

benefit students who do drive. Although they may drive to the college, they could potentially use the bus pass the majority of the time. If they need to go to the grocery store five minutes up the road and they don't want to waste the gas, the bus is an option and they don't want to deal with a car. We think it would benefit every student."

Aaron Tronella, a first-year international business management student and committee, doesn't mind the U-Pass idea. "I'll probably end up using it for everything. I'm not really bothered by it," he said.

Brendy Heath, a second-year general business student who already uses CRT, likes the idea. "If there will be more buses for less money I really don't complain about a higher tuition."

All students are encouraged to vote on the online Students with Questions can go to the CSI office on Ross St. 438.



PHOTO BY ALYSSA MILLER

Brendy Heath, a second-year general business student, is happy to hear that a bus pass for all students may save money on CRT services in the future.



PHOTO BY ALYSSA MILLER

Sherene Korman, CSI campus service co-ordinator, along with Quen Byrne, CSI president, have picked the top five acts from a factor audition to compete in the Semifinals, Jan. 21. The winner will receive \$500.

## Is the X-Factor in you?

By ALYSSA MILLER

"My advice would be if you want to pursue a career in the music business, don't," is just one of the brutally honest comments that came from the mouths of Simon Cowell, the well-known British personality and judge on the TV show, X-Factor.

Thankfully for the contestants, Cowell will not be making his way to Kitchener to help judge the college's version of the show. Instead, the eight finalists, picked from the auditions by CSI president Quen Byrne and CSI campus service co-ordinator

Sherene Korman, will get to stand with their lives on the line before their peers and professors at noon in the Semifinals tomorrow.

"This is the first year we're going to let the students decide the winner," said Korman.

"Usually there's a panel of judges but we'll let the students who are in the Semifinals during the competition choose the final two and then the winner."

This is also the first year X-Factor is taking place at Coverpage instead of CSI 1461.

"We learned from students

who participated in the past that they really wanted to be able to bring their instruments in," said Korman. "With 1461, it's not like that so we thought we'd change it up this year and see how it goes."

The winner will receive a \$500 prize as well as the chance to compete in a competition against other colleges and university students.

Korman said she was "impressed with all of the awesome talent at the audition" and can't wait for the competition.

"Tomorrow is full of talent and I'm excited."

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## SIGNING OUT EQUIPMENT



PHOTO BY JASON BARNES

Courtney Gilling, a second-year television broadcast student, makes use of Concordia College's rental equipment on Jan. 23. The equipment is available to over 300 students for rental purposes. Michael Bell, Concordia College's resident technician in 3834 helps her out. Gilling, a residential student in the college's School of Music and Design, needed a Nikon camera, tripod and an Axi lighting kit.

## THAT DOESN'T LOOK VERY FUN



PHOTO BY TONY WOOD

Winter proved to be ugly toward us Jan. 23, resulting in a busy day for Concordia's main snowplow operator, who is shown clearing snow from the Devos campus.

## HE'S GOT THE MUSIC IN HIM



PHOTO BY ELIANA DEW HARRIS

Tony Schmitt is a first-year IT innovation and design student, passes the time between classes remembering the Grateful Dead by playing with his guitar. He's been playing the instrument as a hobby for the past two years.

## THEY SURE SEEM COMFORTABLE



PHOTO BY ELIANA DEW HARRIS

A couple cushion across 26 in the college's Africana. We're guessing that many students feel comfortable in their beds.



PHOTO BY ALAN BERLIN

Pre- senior firefighters education and training student Ian Thornton pulls fellow student Shawn O'Connell across the ice while practicing rescue techniques at Conestoga's Dean campus last fall.



## Keeping heads above water



PHOTO BY ERIC WUNDERLIN

Students practice a land-based water rescue with a synthetic rope at Conestoga's pond.

## INTERIM LIBERAL LEADER PAYS CONESTOGA A VISIT



PHOTO BY GERRIT DILLON

Interim Liberal Leader Bob Rae meets with Erin Marlin, 11, a championship titled dancer, during a visit to the college.



Weygand Army, manager of Aboriginal Services at Conestoga College, hosts a gueststar that includes Bob Rae as part of the opening ceremonies Jan. 20.

# The business of being Santa

By **BARBARA HENRY**

*You better not cheat,  
You better not cry,  
You better not poop,  
I'm telling you why...*

With his more white hair and beard, round, rosy cheeks and even rounder belly, no one is a better candidate to play Santa Claus than Orangeville native Mike Pytko, and he takes his job very seriously.

From mid-November to Dec. 31, Pytko is the big guy in the red suit at Fawcett Park Mall in Kalamazoo, posing for pictures and talking with children and adults alike about what they want for Christmas and telling out suggestions of how to stay off the naughty list.

"I've started in a job in 1984 but lived in 20 years of them, and the famous red and white gear almost never comes.

"At the time I was the largest in the office. My boss came in, handed me a red suit and told me I was going to be Santa for the company Christmas party," Pytko said.

He said the idea struck him as "kind of odd," and he was excited to play the part of the party.

"When they first said it to me, I was like, 'I was born, I was born,' Pytko laughed behind his beard.

With a Santa suit for laughs from Sears, he started doing other Christmas events for family and friends.

"The other year last year, the store — it was called Sears — had a sale called 'Santa's last day before the year,' Pytko said. "It was kind of gone on."

Pytko and his wife, Virginia, have which married entered the roles of Mr. and Mrs. Claus opening the last two years volunteering at their hometown of Orangeville. They went to the mall at Sears, Roebuck and Co. and got pictures with the WFOV crew because in addition to the Orangeville Christmas parade and various other gigs.

Together they have acquired a house full of Christmas paraphernalia and keep tons of it in their basement, not just round. Pytko also incorporates the season into his daily life, while managing and maintaining two apartment buildings.

"You get red around, a red



PHOTOS BY BARBARA HENRY

Mike Pytko, top photo, creates himself for another day at Kalamazoo Park Mall on the jolly old elf in the red suit in December 2011. Above left, Pytko shows off his bling on 14K gold ring (left) and his wedding ring (right), which he likes to say was a gift from his wife. Above right, the Santa Claus Club is signed by every professional Santa including their dedication to sharing the magic and tradition of Christmas.

near on the front of my tractor — it's a John Deere of course — and a number station, the front layer of the car building," Pytko laughed. "He also makes his hair and beard to keep it white, and sports a replica of a reindeer on the Christmas movie. Mike on 14th Street. As if that weren't enough, he also has his own Canadian stamp."

In his spare time, Pytko can be found in his workshop, though not quite making toys. He said he spends several months of the year attaching bells to leather straps with red deer stamped on them, which he gives to children around Christmas. In 2011 he gave out about 1,000 bells to children.

In order to stay up-to-date on the latest news from the North Pole, Pytko and his wife attend several Santa Claus conferences throughout the year.

In March, they attend

"Celebrate Santa" in Goldsboro, Tenn., where over 400 Santas, Mrs. Clauses and other many businessmen and women, while attending courses including cooking, costumes, bellows, weaving, magic, how to run a business as Santa, American sign language and more.

"The event is held right around St. Patrick's Day," Pytko said. "The two are combined to celebrate the Irish and the American and Santa."

In June, Portland, Me., celebrates Christmas, where over 50 Santas come together to share the Christmas spirit. Last year they went on a Magnus Park cruise.

Michigan's own Santa is the Charles W. Howard Santa Claus School, a nonprofit organization as well as the world's largest running Santa school entering its 70th year of classes beginning in

late October.

Charles Howard, founder of the school, and fellow Santas Dan Laing were the first people to be inducted into the Santa Hall of Fame and were the organizers behind the ethics and morality of the National Municipality of the North Pole Santa Claus Club. Pytko is the proud Canadian member of the club, which every professional at Santa is required to sign.

Those interested in the last year spent offering Santa as first year with non-profit organizations, companies hosting Christmas events and photo sets found in malls.

Steve Gurenski, area manager and technical support at Photo News, a photography company based in Hamilton, and personality as key to being hired as a Santa with their company.

"It takes a special kind of person to do that job,"

Gurenski said. "You've got to be courtously be happy."

Photo News hires Santa for paid positions at its Toronto, Richmond Hill, Brampton, Oakville and Hamilton Christmas events.

"I'm a really experienced," Photo News area manager Sells Gurenski, said, "A real happy can be a huge feeling home."

In his more than 20 years as Santa at Fawcett Park Mall Pytko said he has seen everything from screaming children to teenage girls who, he said, come from the middle in the day and every winter who have said that Pytko has changed the way associated with Christmas, and jokingly by the teenagers for him, he has the experience to do that job.

"Children are what's at the heart of Christmas," he said, eyes smiling above his cheeks. "It's their imagination and spirit that keep it, and Santa, going."



## BIRDS OF A FEATHER LIKE THIS WEATHER

It doesn't snow here winter this January as great fly swatted having decided to skip in the heavy birds, and warm longer snow keep melting the snow

Photo by Mike Jahan



# New Wii game reaches for the sky

By PIRELLA GOSSET

The sky's the limit with Nintendo's new Wii game The Legend of Zelda: Skyward Sword.

The game is the first in the franchise, allowing the same typical gameplay found in all Zelda games, action, when you and people solving.

But this time the Wii remote is required to play the game, which enables you to swing your sword just the way you've always wanted to.

Or roll bombs, or fly on your airplane, but it's really up to you and what you do with your hands, which is what makes this game a lot more exciting than others.

In a game you are used to getting a better, but video games, but this new Wii game adds a lot more. Horizontal, vertical and diagonal swings are all used to swing your

sword — adding a realistic motion to the game. Blocking with your shield, guard breaking, all the way to catching bugs with a butterfly net — are included in this game.

While looking and shaking your sword through the game seems so simple, knowing when you, there are two other goals you need to accomplish: find Princess Zelda and complete the puzzle and dungeons on your way there.

The puzzle for the game requires a lot less problem solving than other games in the franchise. This game will not leave you waiting around in circles for hours, it attempts to find out where to go next to continue the game. This game is a bit more like a puzzle, to walk you through difficult parts.

The only downside to this is that those who were finding the old Zelda Nintendo 64 games quite challenging will



Dave Lapan  
Opinion

think Skyward Sword is simple and straightforward.

This game starts off above the clouds on an island that is your home, but you're not just limited to the sky. Progress is enough and you'll be able to shoot down below the clouds and into forests, rocky mountains and dungeons.

Legend of Zelda: Skyward Sword is an integration of Legend of Zelda: Breath of the Wild for the Nintendo 64, Twilight Princess for the GameCube and Wind Waker for the GameCube.

The Wii Motion Plus, required for the game, will soon be the new necessity for all Zelda games. In comparison

to the old Wii remote, you would have to point at the motion sensor to get the game to show up in your world.

With the Motion Plus, you can point at the television and swing a sword. So, if you're not a fan of the Wii remote, it's a little bit of a hassle.

In comparison to other Zelda games, Skyward Sword does not have as much "free roam" as the Nintendo 64 games and the GameCube Twilight Princess. In these games you were able to walk to every different area with ease. In this game you drop from the sky to a certain destination, and can only roam within those areas before having to return to the sky.

The use of manual puzzle solving, as found in other games, does not exist in the new Skyward Sword.

Worldwide Nintendo has sold 50 million games from The Legend of Zelda series since it

first started 25 years ago.

The Legend of Zelda: Skyward Sword has been receiving a lot of good ratings, with popular video game website IGN giving it a perfect 10. GameSpot.com has given it a 9.

Other than the fact that Nintendo took five years to finally perfect the Wii remote, The Legend of Zelda: Skyward Sword shares some of the biggest and better Wii Motion Plus games to come. This game has motion-based gameplay, and you might find yourself having to focus on the game and not even being close to finishing.

Overall, the gameplay is different from other Zelda games but the change is not to the point. If you're looking for some at-home free gameplay with lots of puzzle solving and puzzles, then The Legend of Zelda: Skyward Sword is the game for you.

## RINGING IN THE NEW YEAR DRAGON STYLE



Photo by Mike Jahan

Traditional Chinese instruments were played at Midtown City Hall on Jan. 20 to celebrate the Lunar New Year.



Photo by Mike Jahan

Chinese dancers performed as part of the Lunar New Year celebrations, 2012 in the Year of the Dragon.

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# HOROSCOPE

Week of Jan. 30, 2013



**Aries**  
March 21 - April 19



Working with others can be beneficial to your ultimate goal, you don't always have to go it alone.



**Libra**  
September 23 - October 22

There are many opportunities waiting for you, but first you must deal with personal demons before you can figure anything else out.



**Taurus**  
April 20 - May 20

You will be seeking approval or recognition that you do this work, and don't let someone manipulate your good work into their own.



**Scorpio**  
November 23 - November 21

Joining forces with other people could be helpful with your career path, then as many social events as you possibly can.



**Gemini**  
May 21 - June 21

You are unusually nervous that week, so this might be the perfect time to broaden your horizons and try new things.



**Sagittarius**  
November 22 - December 21

Be careful when you are dealing with business people. Being too cautious can have an impact.



**Cancer**  
June 22 - July 22

You have been waiting on big projects for quite some time, but it is also more you can share these easily without any fallout.



**Capricorn**  
December 22 - January 19

Keep yourself grounded and real. You will be inclined to want to keep your beliefs and ideas to yourself.



**Leo**  
July 23 - August 22

Be more patient with your struggles. Things are stressful at the moment, but patience and determination are the key to success.



**Aquarius**  
January 20 - February 18

Try and appreciate the ideas of others, do not let your person cloud your judgment when dealing with friends in a business-like scenario.



**Virgo**  
August 23 - September 22

If you take the time to make sure you have all the proper tools to complete a project, you will be able to do so.

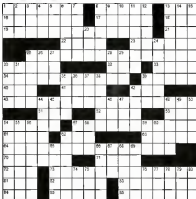


**Pisces**  
February 19 - March 20

Aster will not help you in your social circle, so try and be patient with others and make a resolution to try and be more understanding.



Kenneth Belinfante is the resident astrologist who passed into the aether and now it's your turn for the last time, causing the universe to unfold before him.



## Crossword

### Across

- 1 Daring princess
- 8 Desert night
- 12 Children's association
- 16 Magazine
- 17 Ship board
- 18 Black gold
- 19 Ancestral maternal descent
- 21 Biochemistry abbr.
- 22 Arena
- 23 Conjectures
- 25 High-five
- 26 Kind of layer
- 32 Adaptable truck, for short
- 33 Arrangement holder
- 34 Amazon drainage
- 35 Affirmations
- 40 Charlotte-to-Raleigh dr.
- 41 "Beneath" sig.
- 42 In lieu of
- 43 Russian rebellion in cartoon
- 51 Flipper
- 52 Purported Basque deity
- 53 French wineyard
- 54 Fleet
- 57 Dentally job
- 61 Cartoon bear
- 62 "Rocky" \_\_\_\_
- 63 Meteorological effects
- 64 Sit out
- 70 Opening time, maybe
- 71 Baroque site
- 72 Mob vengeance
- 73 "Compendium"
- 81 Related maternally

83 To bend a straight line

- 84 "To \_\_\_\_ is human" \_\_\_\_  
85 Allude  
86 African pests

### Down

- 1 "Casablanca" pianist
- 2 Vocalist, for one
- 3 "O' \_\_\_\_ is all"
- 4 The "p" in n.p.h.
- 5 "Gimme \_\_\_\_" \_\_\_\_  
(start of a cheer)
- 6 Dance in 3-4 time
- 7 Say "I'll Answer," say
- 8 "La Bohème," sig.
- 9 \_\_\_\_ group  
(cooked in olive oil)
- 10 "Go the Right Way!"  
placard owner
- 11 Moviebook
- 12 Say "Hi" face-to-face vs.
- 13 Part of an eyebrow
- 14 Smoothness
- 15 Socio-economic
- 16 "\_\_\_\_ any drag to drink"  
Colingale
- 24 Flip
- 25 Desire
- 26 "\_\_\_\_ moment"
- 27 "\_\_\_\_ beds we go"
- 28 262 wine yellow
- 29 "\_\_\_\_ alive"
- 30 Eat the middle first
- 31 Brass component
- 32 "\_\_\_\_ here long?"
- 38 32-day rite
- 39 "Dear" one
- 38 Mountaineer's tool
- 39 "\_\_\_\_ bang?"
- 42 Best c

### Current Puzzle Solution



# White winter triggers blue moods

Winter got you feeling like you don't want to get out of bed? It's probably not being too sunny about, unless you find your mood dipping around the time the clock goes back in October, until they spring ahead in March.

You could be suffering from seasonal affective disorder (SAD), a form of depression that follows a seasonal pattern. You might even know it as the "lows" on your to-do list and get happy while the sun is shining.

The Canadian Mental Health Association says more than one in three per cent of Canadians suffer from cases of seasonal depression that are bad enough to affect their ability to cope with life.

Of patients suffering from a major depression, 21 per cent are also likely to develop depression as the longer day-light hours of spring and summer fade into autumn and winter's longer hours of darkness, according to the CMHA. It's a harsh reality of what it means to be Canadian. We



**Nicole Jones**  
*Opinion*

have our delicious berries taken out for us looking, but seasonal depression seems to be a Canadianism that you cannot escape and controlled by nature.

Those of us not working as health professionals but as health professionals feel a prevented shift. Does it mean with our mood? Absolutely. Not only as an employee to step up way beyond your bedtime, but in those long winter nights, you may find yourself slipping deeper into sleep until you're into a Canadian state of seasonal depression.

Not to worry though. As with all seasons, there are a variety of treatments. One of the most popular is light therapy.

A very popular Canadian site directly on level of a special light bulb designed to change

light toward the eyes over or twice a day, from 10 minutes to a couple of hours, light therapy is considered to be effective in up to 50 per cent of cases. The light box should emit the equivalent output of eight fluorescent bulbs. Don't forget to remove your sunglasses.

Light therapy works to regulate your body's production of melatonin, a hormone that lets your body know when it's time to sleep or when it's time to wake up. Medical experts at the Mayo Clinic in Minnesota believe the dark winter months may disrupt melatonin cycles.

I am a big advocate of self-help, light therapy? Not for me. We probably live that a lot of cases of seasonal depression go undiagnosed, or the many doctors, and finally, it's difficult enough being a student at it.

Getting happy and making positive changes to your lifestyle can power that. If you survive, try doing it outdoors when it's light outside. If you live in Winnipeg, the probability

net the greatest, plus in -40 C, so perhaps try doing your steps in front of a large window instead.

What's your diet? With Christmas behind us, we should now be eating salads and apples to help ourselves feel that winter belly. But foods that are not overly greasy or hard to digest.

If you're thinking about looking a few seasons in a tanning salon, you might want to reconsider. You could risk skin cancer, and even worse, the daylight is not as you can remember: winter may be bluish and dark, but so what makes us Canadian.

## Upcoming Career and Employment Events

### Rapid Resume Review

January 30 • 11am - 1pm, MCG Career Centre (Living)  
January 30 • 1:30 - 3:30pm, Arden (Cambridge)  
January 31 • 11am - 1pm, MCG Career Centre (Living)  
January 31 • 1:30 - 3:30pm, Arden (Cambridge)  
Get ready for Job Fair! No registration required.

### Career Directions workshop

January 30 • 10:30 - 1pm, Open campus  
February 6 • 10:30 - 1pm, Open campus  
February 13 • 10:30 - 1pm, Open campus  
A three-part workshop to assist students with career planning and development.  
Students are required to attend all three sessions in order to receive a certificate of completion.  
Registration is required via MyCareer.

### 2012 Job Fair

February 7 • 10am - 5:30pm, Engineering, Main Campus  
• Hands-on job-experience, one day  
• Free shuttle bus - see the Event Calendar on the  
• Workshops before and after  
• Admission is free to students and alumni

Think you're in the wrong program?

Questioning your program choice?

Our Career Advisers can help  
Call ext. 3396 to make an appointment.

Login to MyCareer to register for workshops, or check out the amazing resources for career planning on the Career Directions site  
(From the Student Portal, click on the "Services" tab)

COMSTOCK  
CAMPUS  
COUNSELLOR

COOP &  
PLACEMENT  
COUNSELLOR

## Let the tai chi flow

by Jack Harrison

Tai chi can help you relax, get into better shape and help the chi in other systems emerge flow through your body.

An open house was held Jan. 18, during which a Tai chi class "art" consisting of 100 movements, was demonstrated by the International Tai Chi Society at their Cambridge branch located at 384 Regt St. N., Unit 101.

The demonstrations are held every January and April just before the beginning winter and spring seasons begin. The winter classes began on Jan. 18.

The society was founded by Master Wong Lee often, a Taped Master, in 1982. Tai chi is practiced in 26 countries, and the society has over 200 branches in Canada alone. They are a registered volunteer organization for health and fitness.

Those who have learned the 100 moves set can attend classes on Mondays from 7 to 8 p.m. at Wesley United Church in downtown Oak. Classes held at the main branch location on King Street are Tuesdays and Wednesdays from 7 to 8 p.m., and Thursdays from 10:30 to 11 a.m. There is also a 7 to 7 p.m. class the same



Practice and technique

A demonstration of some tai chi moves at an open house at the site in Cambridge was led by Simon Fu, right, a member and instructor with the International Tai Chi Society on Jan. 18.

day.

It costs \$165 for a 16-week membership with access to all the classes.

"The tai chi art is based on purity for the health benefits," said Simon Fu, an instructor and member with the society. "It is performed slowly and is ideal for people with health conditions and of all ages."

The chi has several health benefits including increasing flexibility, helping people focus and it can relieve stress and increase mobility.

"It was very strongly reg-

arded by my doctor," said Simon Fu, a Cambridge resident. "I have Rheumatoid, which is a kind of nerve degeneration problem, and that the tai chi helps get out of it, but it does help me stay in shape and can bypass some of the effects."

The classes are open to everyone. The youngest member is 12 years old and they learn in 10-minute blocks. It's good for every part of the body from the skeletal system to the lymphatic system.

For more information visit [www.taisociety.com](http://www.taisociety.com) or call 339-1111.

# Bleeding for a good cause

## Spoke reporter learns the process of donating blood

### By JANE ROBINSON

It can be rewarding to be "blood brothers" with a friend.

University Blood Services held a blood drive at the Forward Baptist Church in Cambridge on Jan. 20. The clinic had a turnout of 65 people, including me.

As a person who has never given blood before, I was nervous about the donation process and decided the best way for me to learn was by doing it.

Having an idea what to expect when I arrived for my scheduled donation, I smoothly slipped down to the church's underground west rear garage to happen. As I walked into the fellowship room, I recognized calm but cryptic. I was greeted by a man at the registration table as well as a few other contributors and was warmly asked to "sit up with the camera."

The room was set up on old flowered cushions, chairs with cushions in the middle, a refreshment station to the left, cigarettes and what looked like a potting station to the right and a table where they tested the donor's iron level below the registry booth.

I was first sent to get my iron level to make sure my iron level met the minimum requirement of 125 grams per litre (g/L). The lady at the table pricked my finger and placed a drop of blood on a small glass container



Photo by Jane Robinson

Spoke reporter Jane Robinson gets prepared to donate blood on Jan. 20 at Forward Baptist Church in Cambridge. Canadian Blood Services wants to collect 324,000 units of blood during 2012-13.

which she will use to measure my iron level. I received 180 g/L. After passing the first test I was sent to the station of tables that looked like a potting station to fill out a personal survey. Wondering why it was taking me longer than everyone else to answer the questions I realized that I had forgotten to bring the "top level" container that was written halfway down the page.

I now made my way to the cubicle where they measured

the questions that I wasn't supposed to answer. After answering those, and some other questions, I was ready to donate my blood.

There is a constant demand for blood donations across the country. Canadian Blood Services communications specialist Veronica Magee and her team in collect 314,000 units of blood during 2012-13. It is here enough to supply to patients' needs.

There are eight different blood types and some are in higher demand than others.

The most of blood types is A—right only 8.5 per cent of Canadians have the same common O—right is in 38 per cent of Canadians. Another blood type which is highly in demand is O—because it is compatible with all other blood types.

As I sat at the station and got hooked up to the system, the nurse informed me they could approximately 100 mL, which is a 10th of the blood that a person has in their body. After donating my blood and feeling a little

wary, I was escorted to the refreshment table where I had cookies and beverages with some of the other donors. One lady mentioned that she has to donate often because she has a high iron level in her blood and donating helps keep it at a normal level. While waiting at the table, I also received some preparation tips from the experienced donors. They mentioned that the best time to donate is at least 34 hours before an appointment.

Magee also asked to the preparation last before donating.

To give blood you need the following: a piece of ID with full name and signature or full name and photograph, be 17 years of age, weigh at least 110 pounds, be in general good health and feeling well on the day you would like to donate. Also, you can give every 56 days (which is six times per year).

Chris van Dusen, community development coordinator, said there is 57 mobile donation clinics scheduled in Cambridge this year.

The next day of donation in Waterloo begins will be Feb. 11 at Heritage College and Seminary located on Highway 100 Drive in Cambridge as well as on Feb. 15 at St. John's Presbyterian Church in Kitchener.

To find other dates visit [www.blood.ca](http://www.blood.ca) or call 1-880-2-BLOOD to book an appointment.

## Watch what you're eating and what your friends aren't

### By JANE ROBINSON

Some people do not eat their true man when they look at the mirror.

While disorders can get like any other disease, you can live to have one, you can't live to have it.

When people look at the mirror, they see a large body, even if they're really small. This doesn't mean people to not eat at all or to eat less, but to eat what they need. Many people do not realize how much the illness can become and that it almost always requires professional help for recovery, according to the National Eating Disorder Information Centre (NEDIC).

The first week of February is National Eating Disorder Awareness Week. This week is

used to help people understand what eating disorders are like, what to look for in your own life, what you have and how to help your yourself or someone in your life.

"Every meal becomes a conversation about the things that she doesn't like about her body."

— Sarah Davis

People who have eating disorders will try to look at the food they eat, according to NEDIC. It is very important to pay attention to what your friends are trying and doing when it comes to the type of

food. "In the real world, this situation may be evident when an individual perhaps party in school and chooses to drink her wine of self-worth from alcohol appreciation," said Sarah Davis, a Waterloo resident, has a friend who has these warning signs.

"Every meal becomes a conversation about the things that she doesn't like about her body. She will eat something like that almost all of the time, get up after dinner, and eat," said Davis. "She never eats much, she'll stop breakfast, maybe have a couple boxes of a meal and a couple boxes of a meal." A conversation about eating disorders is that only

female has them, which is not true. NEDIC has released a poster and pamphlet to raise awareness about males with eating disorders.

According to NEDIC, a 2008 survey showed that 3.5 per cent of Canadian women aged 16-24 had an eating disorder. It also showed that four per cent of Grade 9 and 10 boys reported serious, not just eating disorder, but also

if you or someone you know are struggling with an eating disorder, take care the topic is approached with caution. The focus should be on health and relationships, rather than weight and body image. After talking to family or friends, a family doctor should be seen and counselling may be the next step.

# First anime convention held in Waterloo Region



PHOTO BY WENDY K. MOHRER

Anime independent dolls are popular among anime collectors and are very customizable.

BY WENDY K. MOHRER

Around 300 fans came together from all parts of Ontario for Waterloo Region's first anime and gaming convention at South's Main Convention (EMC).

Held at the Delta Hotel in downtown Kitchener on the weekend of Jan. 20-22, fans were able to dress up as their favourite characters, watch anime shows, sign up for gaming tournaments, buy merchandise and have a great time.

Most anime conventions are further away in more populous areas such as Toronto which has the largest anime convention in Ontario "Because Anime North is so far away, we wanted to make something more local," said Christine Boyer-Lytle, a student at Conestoga College studying early childhood education. EMC was held by clubs from the University of Waterloo, Wilfrid Laurier University and Conestoga College as well as by anyone who wanted to get involved.

The organizer of the event, Ronald Hoppo, who gave by his stage name RCHoppo, said in the area there's not really a name for individ-



PHOTO BY WENDY K. MOHRER

Jay Fenton, a judge for the Anime Independent doll competition, said many of the dolls should have won first place.

als to express that type of art form. This year marks their first year going public, but fourth year featuring the convention and it had a positive outcome. In the beginning, it was just anime, and then they added gaming and finally cosplay. They hope to make the event bigger next year by adding art and games.

Conventions are like a form of expression where people can be themselves

with others who are just the same. It's not only for anime, but also some of the subculture taken from Japan.

Anime kind painted dolls are very intricate looking dolls that are influenced by anime produced mostly in Japan, South Korea and China. They can be customized, however, according to the current fashion trends such as clothing hair style, hair colour, eye colour, shoes, accessories and even facial features can be chosen.

Jay Fenton, a judge for a competition featuring the dolls at the convention, brought his custom Blye, who wore a red and black gothic outfit with white, silky hair and "dreamy eyes."

She said many of the dolls should have won first place, but it was hard to choose the best one.

Sometimes people ask her what kind of women in her life collect dolls and she simply said it is appreciating the human features because they are life-like and customizable, she carries them around instead of displaying on herself.

Emilia EMC Convention will be held again next year with plans to make it even better.

## COUNSELLOR'S CORNER: Goal-Setting

Submitted by a student

I used to make New Year's resolutions that generally didn't last past January 20th. It's that fresh feeling of having a chance to solve problems, achieve new heights and challenges that encourages us to set goals. As the New Year begins, we are often excited with our good intentions for positive change, despite past resolution failures.

My experience at a workshop about change helped me to recognize why my New Year's resolutions never worked. I didn't need more motivation; I needed smaller goals, or at least my long-term goals needed to be organized into easily manageable steps. Many of us tend to set goals that may be out of reach ("This semester, I'll get all A's" or "Moving on from a frustrating relationship"). As a result, we feel let down, frustrated, even powerless when the first disappointing grade appears or the frustration continues.

Instead, a long-term goal, such as "I want my grades to improve this semester" is more attainable. A step-by-step approach might include: attending all classes, with only sickness as an exception, staying ahead by doing textbook reading prior to class, and seeking help when necessary from faculty or a peer tutor. The latter are smaller, achievable goals that will almost assuredly lead to higher marks.

Set goals for you that are realistic, achievable and measurable. Failure decreases confidence and motivation. Success builds confidence and motivation. For goal setting or any other assistance, see a counsellor in Counselling Services. I did.

A Message from Counselling Services



Canadian Diabetes Association

1 in 5 survives  
getserious.ca

"Before my diagnosis, I was a professional athlete. Life was good and the future was bright."

Learn more about  
Jung-Ho



## Winter intramurals begin at Conestoga

By EVAN MARSH

A new year also brings some new regulations and the recreation center is happy to help out.

After a long break over the Christmas holidays, intramural rules have returned for the winter semester at Conestoga.

There has been an increase of 300 students who have signed up for winter intramural sports as opposed to the fall semester when only 150 students wanted to get down the hockey list now scattered over the holidays.

"Total numbers are about 450 first semester and 500 this semester. The more the better is the addition of new over the last semester," said Brian McCarty, director of intramurals. "We are the increase in the weight room and with the fitness classes."

McCarty says intramurals aren't just a way to stay in shape, but they are also an outlet to meet new people and accommodate to a new campus meant of you happen to be leaving your home.

"Some people move away to school and don't have the same outlet for activities as when they lived at home or were in high school. Intramural sports allow students to participate around their school schedule and meet new people," she said. "Also, remembering that not all participants would have played the sports before, it gives them an opportunity to try something new."

Sports added this semester include ball and ice hockey, volleyball, soccer and even dodge ball.

Not surprisingly, McCarty says the biggest fear for the winter semester stems from the ball and ice hockey leagues.

After a few lectures with drinking in the change rooms prior to and after games, rules were implemented to provide safety for all participants.

"It is essential to remind us to be under the influence we will not take action and have those removed from playing for the safety of other students," said McCarty.

Students must also be fully aware Conestoga students participate on intramurals

## Condors continue to improve despite loss

By JEFF BOWMAN

The Conestoga College men's volleyball team showed confidence but fell short in the more experienced Sheridan Bruins in an entertaining four set match on Dec. 28.

Conestoga lost the match, 16 to 25, 25 to 15, 25 to 18 and 15 to 19. The Condors' record dropped to 1 and 11 after the loss.

The team came out strong and looked determined after dominating the first set. The experience caught up with them as the older and more experienced Sheridan Bruins won the final three sets.

The Bruins featured a lineup that included two national champions and four former club players.

Winning the first set meant Conestoga broke a streak of 11 sets without a victory.

Mike's hand caught David Conestogay, talked about the team's first set victory. "We came out and showed what our potential is," he said, adding the players were crisp but very few errors and because of lack of experience, it's just a part of the learning curve. "If you make a poor decision, you correct it," Conestogay said.

Conestoga dealt with the veteran Bruins and played their coach with their effort. "We played with them and, overall, I am much more pleased the way they played tonight," he said.

Conestoga was talked about the importance of his team learning from every mistake. "I am not a coach who punishes or for poor performance. I map discipline for poor decisions because everyone is responsible for their decisions if you play poorly



PHOTO BY JEFF BOWMAN

Conestoga College's only returning player, Kyle Moore, 16, 8, called the ball past Rick Potts and leaving him to finish the game on his fall at the net corner.

"We still have a few things to work on but there's positive coming out of every game. If we practice hard, we play well and that's what we have been doing lately."

Moore, the only returning player from last year's squad, has stepped up as a leader at the club and continues to be very positive about the team moving forward.

"I just keep telling them that every game we have a chance. I don't care what the stats are, I don't care what our previous record is, it's our

attitude on and off the court and how we play," Moore said. In other volleyball teams held on to win a thrilling five set match against the Sheridan Bruins.

The Lady Condors won the first two sets, 27 to 25 and 25 to 14 but then lost the third and fourth sets, 25 to 27 and 24 to 25.

After the Lady Condors lost the fourth set, they demonstrated in the fifth and final set, winning 15 to 9. This was the team's third straight win.

## Local hall of famer retires

By ANDREW COOPER

Hall of Famer Bob McElroy having spent two full spring seasons with the White Sox, Springfield, with three seasons, McElroy came to grips with the fact that it didn't feel like he would finish his dream of being a major league ball player. The real reason led to his return to school. He attended the University of Waterloo where he worked up himself.

After graduating the University of Waterloo Warriors for three years, McElroy was drafted into the Canadian Football League by the Toronto Argonauts in 1985. However, he remained at UW as the physical education department and coached football for 23 years.

"I had seen several types of coaches and I knew what I liked and I knew what I didn't like. I used to make sure people heard what they were doing," he said. "I had seen several types of coaches and I knew what I liked and I knew what I didn't like. I used to make sure people heard what they were doing," he said.

"I had seen several types of coaches and I knew what I liked and I knew what I didn't like. I used to make sure people heard what they were doing," he said.

While a student at UW, McElroy still had the desire to play ball and he took a step in that direction by contacting John Weber, who was the general manager of the Rochester Patriots of the Rochester Minor Baseball Association.

"He was a student at the University of Waterloo, so was going to be living here in the summer months. I was visiting the Rochester Patriots at the time and he called me and told me about his baseball background and said that he would like to come out and play ball for the Patriots."

"I always remember this line (by McElroy): 'I hope I can help the team,' which was an understatement because he had played professional baseball at the AA level but for the next 14 or 15 years, he played for the Rochester Patriots," Weber said.

## Conestoga box score

Week of  
Jan. 17-23

By JEFF BOWMAN

### Men's Volleyball

Jan. 18: Conestoga 1, Sheridan 3  
Jan. 20: Conestoga 0, St. Clair 3  
Overall Record 1-12

### Women's Volleyball

Jan. 19: Conestoga 3, Sheridan 2  
Jan. 18: Conestoga 2, St. Clair 3  
Overall Record 0-7

# COMING SOON

2012 KPI STUDENT SATISFACTION SURVEY  
February 6th to 10th 2012

**Your student experience is  
important to us!**

**Help Conestoga identify our strengths  
and where we can improve.**

This survey is mandated by the Ontario Ministry of Training, Colleges and Universities and is part of Conestoga's accountability to the government. All students who have completed at least one semester at Conestoga will be asked to complete the survey in-class during the survey week. Every student at every college in Ontario will also be participating in this survey. Thank you for representing Conestoga!

Survey and process supported by CSI

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